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EXPERTS IN JUNK REMOVAL

Thousands of sea species discovered

OCEANS The creatures living in the depths of the ocean are as weird and outlandish as the creations in a Dr. Seuss book: Tentacled transparent sea cucumbers, primitive "dumbos" that flap ear-like fins, and tubeworms that feed on oil deposits.

A report released yesterday recorded 17,650 species living below 656 feet, the point where sunlight ceases. The findings were the latest update on a 10-year census of marine life.

"Parts of the deep sea that we assumed were homogenous are actually quite complex," said Robert S. Carney, an oceanographer at Louisiana State University and a lead researcher on the deep seas.

The researchers have found about 5,600 new species on top of the 230,000 known. They hope to add several thousand more by October 2010, when the census will be done.

THE ASSOCIATED PRESS

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3



Sports pg 11



Groves claims gold

On the web
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Ottawa police took nine young adults, including five females and four males, into custody yesterday morning after a seven-hour standoff in a third-floor room of the Minto Suite Hotel on Lyon Street.

9 arrests in hotel siege

Seven-hour standoff at Minto Suite Hotel ends peacefully

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Nine young adults were taken into police custody following a seven-hour standoff at a downtown hotel yesterday morning.

Police were called to the Minto Suite Hotel at around 4 a.m. for an incident that was taking place inside a third-floor room.

Ottawa police duty Insp. Paul Gallant said as the event progressed, they had safety concerns for the people in the room, which resulted in an "elongated incident."

"We did not have people inside the room that were readily coming out," said Gallant.

Gallant added that officers had to ensure their own safety and the safety



Two members of the Ottawa police tactical response unit stand outside the Minto Suite Hotel on Lyon Street.

of the people inside before entering the room.

The initial call to police alleged there was a weapon in the room. Gallant said there was no assault with a weapon but an item was recovered.

Several guests staying on the third floor were moved to other rooms in the hotel.

Around 4:15 a.m., guest Isabel Leclair received a phone call from the front

desk telling them there was a situation on the floor and they would have to leave their room.

The Brampton, Ont., resident said she had been woken up a short time earlier by loud female voices in the hallway, followed by loud male voices a short time later.

Corrina Force-Vandervenne and her daughter, Stacey, were also abruptly

moved to a new room. Since they weren't allowed back on the floor until around noon, Stacey missed her team's semifinal game of the Gloucester Cumberland Girls Hockey Tournament.

The situation was finally resolved peacefully shortly after 11 a.m. Five females and four males were taken into custody and transported to a cellblock.

"This doesn't mean that we're going to have nine people charged," Gallant said shortly after the incident ended.

"We have to sort out this event, consult with witnesses and so forth... once the investigation is completed by our detectives, that's when we'll know."

The police's guns and gangs unit is investigating. There were no injuries.

400 Afghan torture cases: Study

RIGHTS An Afghan agency, at one time entrusted to monitor Canadian-captured insurgents in Kandahar, says it has documented nearly 400 cases of torture across the war-ravaged country.

The latest report from the Afghanistan Independent Human Rights Commission, a translated version of which was obtained by The Canadian Press, comes as Canada's top military commander confirmed the army halted transferring prisoners to Afghan authorities on more than one occasion.

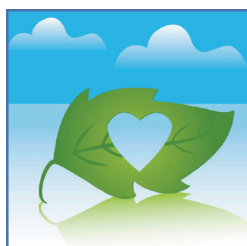
Speaking at the close of an international security conference in Halifax, Gen. Walt Natynczyk wouldn't say how many times the transfers were stopped.

There has been only one occasion when the federal government has publicly acknowledged that the army stopped handing over prisoners — in November 2007 — because of torture concerns.

The human rights report and Natynczyk's comments were made amid the ongoing political firestorm created by former diplomat Richard Colvin, who last week dropped a bombshell when he alleged that all Canadian-captured prisoners were abused early in the mission.

However, the Afghan commission said it uncovered 47 cases of abuse in Kandahar, which was ranked third in terms of the number of abuse claims in the country.

THE CANADIAN PRESS



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- St: PR0330



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BI-WEEKLY**

2005 Chevrolet Cobalt LT

- Mnl • A/C
- Load
- 90,454 km
- St: R90029A



\$7,450

**\$81*
BI-WEEKLY**

2005 Mazda 6

- Auto • A/C
- Load • Cruise
- 98,165 km
- St: E1218



\$11,970

**\$130*
BI-WEEKLY**

2006 Honda Civic DX-G

- Load • A/C
- PwrWdw, Lock
- 59,366 km
- St: R90803A



\$12,495

\$118*
BI-WEEKLY**

2008 Hyundai Accent

- Load • A/C
- Auto
- 54,784 km
- St: PR0335



\$11,350

\$96*
BI-WEEKLY**

2005 Mazda 3 GX

- Mnl
- A/C • CD
- 70,891 km
- St: PR0337



\$9,950

**\$108*
BI-WEEKLY**

2009 Mitsubishi Eclipse GS

- Auto • A/C
- Mags • Load
- 13,641 km
- St: PR0344US



\$18,950

\$159*
BI-WEEKLY**

2005 Mazda 3 GX

- Mnl • A/C
- Pwr Lock
- 51,971 km
- St: E1111



\$10,850

**\$118*
BI-WEEKLY**

2005 Toyota Corolla

- Mnl • A/C
- Cruise • PwrLock
- 97,839 km
- St: PR0243



\$9,850

**\$107*
BI-WEEKLY**

2006 Toyota Matrix

- Mnl
- CD
- 91,054 km
- St: PR0345



\$9,970

\$94
BI-WEEKLY**

2008 Toyota Rav4

- 4wd • Auto
- Load • Mags
- 42,413 km
- St: PR0317US



\$24,850

\$209*
BI-WEEKLY**

2009 Toyota Sienna LE

- Load • A/C
- Auto • Cruise
- 57,748 km
- St: PR0310US



\$27,870

\$234*
BI-WEEKLY**

2008 Volkswagen Jetta

- Load • A/C
- Auto • Cruise
- 57,765 km
- St: PR0325US



\$17,380

\$146*
BI-WEEKLY**

2007 Ford Ranger FX4

- 4x4 • Auto • A/C
- Load • Lthr
- 54,654 km
- St: PR0329



\$18,460

\$155*
BI-WEEKLY**

2006 Ford F150

- 4WD • Auto
- Lthr • Load
- 54,428 km
- St: E1195



\$25,840

\$243*
BI-WEEKLY**

2005 Honda Accord LX-G

- Load • A/C
- Auto • Cruise
- 90,925 km
- St: E1108



\$13,900

**\$151*
BI-WEEKLY**

2008 Toyota Yaris

- Auto • A/C
- CD
- 77,277 km
- St: E1257



\$12,780

\$108*
BI-WEEKLY**

2008 Hyundai Santa Fe AWD

- Load • A/C
- Auto • Mags
- 61,116 km
- St: E1253US



\$20,840

\$175*
BI-WEEKLY**

2009 Toyota Corolla

- Auto • A/C
- Load • Cruise
- 36,535 km
- St: PR0265



\$15,850

\$133*
BI-WEEKLY**

2008 Mazda CX7 GT

- AWD • Load
- Auto • Lthr
- 40,368 km
- St: E1282US



\$24,470

\$206*
BI-WEEKLY**

2005 Nissan Altima 3.5S

- Auto • A/C
- Load • Cruise
- 83,509 km
- St: R90578A



\$10,950

**\$119*
BI-WEEKLY**

2005 Mazda 3 GT

- Load • A/C
- Auto • CD
- 77,431 km
- St: E1182



\$12,480

**\$136*
BI-WEEKLY**

2006 Mazda 3 Sport GS

- Load • Auto
- Lthr
- 99,078 km
- St: E1210



\$12,970

\$122
BI-WEEKLY**

2006 Mazda 5

- Load • A/C
- Auto • Cruise
- 69,597 km
- St: E1242



\$13,985

\$132
BI-WEEKLY**

2005 Mazda 6

- Load • A/C
- Auto • Cruise
- 48,650 km
- St: E1221



\$11,650

**\$127*
BI-WEEKLY**

2005 Mazda RX8 GT

- Mnl • Lthr
- Load
- 79,244 km
- St: E1209



\$15,970

**\$173*
BI-WEEKLY**

2005 Mazda 6

- Mnl • A/C
- Load • Cruise
- 99,078 km
- St: E1199



\$12,860

\$140
BI-WEEKLY**

2005 Nissan Quest

- Load • A/C
- Auto • Cruise
- 71,780 km
- St: E1149



\$13,880

**\$151*
BI-WEEKLY**

2005 Honda Civic

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- St: E1109



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Local



Cops prep for new station opening

Over the next few weeks, members of the Ottawa Police Service will be preparing the new west division patrol station at 211 Huntmar Dr. for its mid-December opening. Built at a cost of \$21.6 million, the new police station features 41,000 square feet and more than 200 parking spaces. An open house for the community and Ottawa police members will be held Jan. 9. As a result of the new station, the Abbeyhill police station, located at 95 Abbeyhill Dr., will be closing.

METRO OTTAWA



News in brief

ROBBERY Police are seeking a male suspect after a man became the victim of a personal robbery in the Alta Vista area Saturday morning. At 12:50 a.m., a male approached a lone male victim in the 2600 block of Alta Vista Drive. The suspect allegedly demanded money and an undisclosed amount of cash was taken. The victim was uninjured. The suspect got into a red vehicle driven by another person. The vehicle was last seen driving eastbound on Alta Vista Drive.

METRO OTTAWA

metronews.ca

WHAT'S ONLINE TODAY

Blogs Sexcetera weighs in on the age-old question of "Once a cheater, always a cheater?"

Video Market watchers will be keeping an eye on the health of Canada's big banks as they begin reporting earnings results at metronews.ca/canada

Lotteries

Friday, Nov. 20
 Lotto Max: 2, 8, 28, 30, 36, 39 & 42 Bonus 24
Saturday, Nov. 21
 Lotto 6/49: 18, 25, 35, 43, 46 & 47 Bonus 4
Sunday, Nov. 22
 Ontario Pick 3: 9 6 1; Ontario Pick 4: 9 5 3 3
 Encore: 9498501;
 Daily Keno: 3, 4, 6, 7, 14, 17, 21, 22, 26, 29, 30, 31, 32, 39, 44, 45, 59, 61, 69, 70
 These results are not official.

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Young dancers take to stage

Pros, amateurs to unite for production at CentrepoinTE Theatre

TRACEY TONG
 tracey.tong@metronews.ca

Only 10 years old, Malaika Kamau already knows she wants to be a ballet dancer. But for now, the Ottawa resident, who has been dancing for four years, is content to be a chipmunk.

Clad in a black leotard and pink tights, she spent yesterday morning rehearsing with 18 of her peers for the upcoming production of Ballet Jorgen's Group of Seven Nutcracker.

Over the past eight weekends, young dancers from the Ottawa area have been rehearsing their roles as dragonflies, frogs, chipmunks, and squirrels for the production, which will allow them to share the stage with professional Toronto-based ballerinas — some for the very first time.

For Kamau, who takes two dance classes a week at the Greenboro Community Centre, the opportunity is a dream come true. "I'm very excited to be here," she said.

Nine-year-old Terek Kerr



Local dancers rehearse their roles yesterday for the upcoming performances of Ballet Jorgen's Group of Seven Nutcracker.

has only been dancing for one year, but already knows he wants to be a professional dancer. He also takes Irish dancing and hip-hop, but ballet is his thing.

On Friday and Saturday,

the young dancers and the pros come together for three performances at the CentrepoinTE Theatre.

"This is a huge opportunity for young dancers," said Ballet Jorgen spokeswoman Laura Denker.

The dancers were chosen among hundreds in an audition that drew from ballet schools across the region.

While a role in the ballet won't likely lead directly to more professional work, it does give young dancers a taste of what the business is like, Denker said.

This year is the third that Maegan Mason, 12, will be performing in the Group of Seven Nutcracker. The Ottawa dancer, who studies dance seven days a week, has already been accepted into a full-time dance program.

It's important to support local dancers, she said.

"It gives them the courage to go out there and do it," she said.

Group of Seven Nutcracker will be performed at the CentrepoinTE Theatre Friday and Saturday.

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Forum to hear expert opinions on Greenbelt

PLANNING As a part of the review process of the Greenbelt master plan, a national public forum will hear expert opinions as a conference discusses the future of the

National Capital Greenbelt Wednesday. Speakers from Canada, the U.S. and the U.K. including

Maureen Carter-Whitney, Dr. Christopher R. Bryant, John Stokes and Paul Miner, will share their experience and the lessons learned from other greenbelts around the world at the National Capital Commission forum — entitled An Evolving Green Landscape in an Urban Environment — Canadian and Foreign Perspectives — at the National Arts Centre.

TRACEY TONG/METRO OTTAWA

Farmers optimistic for future at Lansdowne Park

TIM WIECLAWSKI
 tim.wieclawski@metronews.ca

MARKET After another successful season, local farmers closed up shop at Lansdowne Park for the last time this year, confident the market will play an important role in the future of the park.

Throughout the summer, members of the Ottawa Farmers' Market had

expressed concern that the proposed redevelopment of the park would push them into a forgotten corner of the property, but they are now optimistic that will not be the case.

"At first, we weren't even on the plans," said Greer Knox from Morrison Manor Organics. "Gradually we grew a bit. So I think we'll be here for a long time."

Next season is unlikely

to see any changes at Lansdowne Park since final approval of the plan would not come until June at the earliest, but Ottawa Farmers' Market president Andy Terauds said he doesn't know what it will be like after that.

The redevelopment plan calls for a competitive design process to deal with the Horticulture Building, the Aberdeen Pavilion and the eastern half of the

park.

The farmers' market would find space somewhere in that section, Terauds said.

He added they would like to have a year-round home inside the Aberdeen Pavilion, with a space to expand outside during the summer.

"Councillors voted strongly to keep us here. We're not concerned about that part," he said. "We're

looking forward to making our site here a park-like setting. The sooner we can do that the better."

By 2015, he predicts 300 producers will be looking to sell goods in the market.

"We're going to be attracting 1.5 million people down the road," said Terauds, who estimates they had around 250,000 visitors to the market this year. The market is "a very popular thing."

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Ottawa police have charged a 44-year-old police officer here with two counts of criminal harassment for incidents that occurred between April and October. He appears in court Dec. 11. **METRO OTTAWA**

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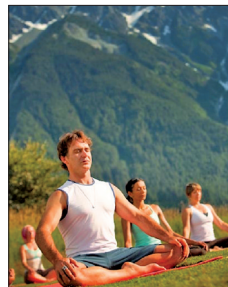
Yogi in city this week to teach at local studios

TRACEY TONG
tracey.tong@metronews.ca

One of Canada's top yogis who has worked with Olympic athletes for the 2010 Games is coming to the capital this week to share his knowledge with Ottawa residents.

Vancouver's Eoin Finn — who has worked with Olympic athletes including Canadian female snowboarder Kimiko Zakreski, the U.S. ski team's Shannon Bahrke and Canadian paralympian Andrea Holmes — will be giving classes at two yoga studios here.

Finn, who has a new instructional DVD hitting



Canadian yogi Eoin Finn has worked with Olympic athletes.

stores next month, filmed The Pursuit of Happy Hips with elite and Olympic athletes.

"There are a lot of things in yoga that benefit athletes

— it helps your joints function and line up properly so you have efficient movements. That avoids wear and tear," said Finn.

There are also benefits for the average person, he said.

The DVD focuses on helping office workers and people who sit many hours a day correct their posture.

"Another benefit is the peace of mind that you get from yoga," said Finn. "You learn how to keep your body and mind centred. The ability to be calm is important to all of us."

Finn is teaching at Mountain Goat Yoga on Friday and Santosha Yoga on Saturday.

Prostitution sweep nets 11 arrests

CHARGES Police arrested 11 people and laid 14 charges following a prostitution sweep in the Carlington area late last week.

Police said over the weekend that west neighbourhood officers conducted a two-day prostitution sweep. They arrested and charged five females with prostitution, mischief and breach offences.

Six males were also arrested. One was charged with a prostitution-related offence, while the remaining five were released on the pre-charge diversion john school program, which focuses on education.

TRACEY TONG/METRO OTTAWA



Voice YOUR opinion on the Ottawa River Action Plan



The City has a working plan to protect the Ottawa River. That means cleaner water, safer beaches and a better environment.

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Three major options are being considered that range in price from \$40 million to \$2.2 billion. Come to provide your input about which solution is the most sustainable — economically, environmentally and socially.

Why do we need a river plan?

Prior to 1960, cities built sewer systems to carry stormwater and sewage in the same pipe. Ottawa's combined sewer system works well in dry weather. But during heavy rainstorms the volume of stormwater can sometimes exceed the system's capacity, and some wastewater must be released into the Ottawa River to prevent sewer backups. There are three ways the City can reduce overflows. YOUR input will allow us to make the best use of our tax dollars.

Public Meetings • 6 to 8 p.m.

Central

Monday
November 23
Lansdowne Park
Salon E
1015 Bank St.

West

Thursday
November 26
Ron Kolbus
Lakeside Centre
Britannia Park
102 Greenview Ave.

South

Monday
November 30
Nepean Sportsplex
Halls C & D
1701 Woodroffe Ave.

East

Tuesday
December 1
Royal Canadian
Legion (Orléans)
800 Taylor Creek Dr.

Unable to attend? Visit ottawa.ca/riverplan for more information and to submit your comments through an online survey. If you have questions, e-mail riverplan@ottawa.ca

ottawa.ca

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The bishop appointed to oversee a Nova Scotia diocese tainted by sex abuse allegations and child porn charges says he recognizes it will take time to bring people back to the embattled church. Bishop Brian Dunn was appointed Saturday to take over the diocese of Antigonish. **THE CANADIAN PRESS**

Canada



PM snubs reporters at free-media talk

Prime Minister Stephen Harper urged journalists to "shine light into dark corners" of government affairs during a speech Saturday, but wouldn't take questions from reporters covering the event. Harper, who is known for his sometimes prickly relationship with parliamentary reporters, made the comments during an ethnic media awards dinner in Markham, Ont. Freedom for Canadians goes hand-in-hand with journalistic freedom, he told those gathered at Seneca College. **THE CANADIAN PRESS**



RCMP officer Const. Steph Rogers poses with Heather Boey, Steve Boey and their baby Nathan in this handout photo. The officer helped deliver the baby boy inside the couple's Vancouver-area home Nov. 12.

B.C. RCMP officer helps deliver neighbour's baby

NEWBORN Steve and Heather Boey have always felt safe in their Vancouver-area home, having an RCMP officer living nearby. But they didn't realize what a great neighbour they had until the officer helped deliver their baby boy — inside their Maple Ridge home.

Const. Steph Rogers, 38, came to the rescue Nov. 12, hours after the Boeys returned home from the hospital. Heather Boey had

been induced earlier that day, but she was told not to expect the baby's arrival until the next day.

At around 10:30 p.m., the 27-year-old woman felt the baby pushing.

Both the officer and husband helped ensure the delivery went smoothly, just in time for the ambulance to arrive.

Nathan Boey was born just after 11 p.m., weighing six pounds, 15 ounces.

THE CANADIAN PRESS

Reviving sagging Ignatieff

New Liberal chief of staff wants cerebral leader to be himself

Michael Ignatieff isn't a Tim Hortons kind of guy — and that suits his new chief of staff just fine.

Peter Donolo has spent his first week on the job reminding Liberals that party icon Pierre Trudeau wasn't exactly a donut shop everyman either and that didn't stop Canadians from electing him four times as prime minister.

The trouble for the current Liberal leader is that the Tories have successfully turned his resumé as an internationally acclaimed intellectual and former Harvard professor into a liability. To hear them tell it, Ignatieff is an elitist academic who's "in it for himself" and "just visiting" Canada after working more than 30 years abroad.

Donolo's goal is to turn that negative back into a

positive.

He isn't talking publicly, but according to party insiders with whom he's spoken, Donolo's assessment of the party's sagging fortunes is as follows:

Ignatieff and his inner circle have allowed themselves to be spooked by the Tory attack ads. Consequently, they've played down Ignatieff's lofty academic and intellectual credentials.

Donolo believes his task is to allow Ignatieff to be himself and to build on his strength as a thoughtful, insightful deep thinker.

His aim is to position Ignatieff as a leader who's better able to grapple with the weighty issues and thorny challenges ahead, as opposed to Prime Minister Harper, who is so devoted to the appearance of the common man that he chose to attend the opening of a new Tim Hortons shop rather than a speech to the United Nations general assembly on the environment.

THE CANADIAN PRESS

Michael Ignatieff



m.metronews.ca



The latest headache for Michael Ignatieff? A scathing attack from the wife of former leader Stéphane Dion. Scan this code for the full story. Learn how to scan the barcode with the instructions at the top of pg 3

Model of chopper that crashed failed test: Papers

AVIATION A test to certify the model of helicopter involved in a fatal crash off Newfoundland showed it would remain airborne for "around 10 minutes" — about one third of the time required — if oil leaked from its gearbox, aviation regulators say.

Weeks after the crash of Cougar Flight 491 in March, European aviation authority documents revealed that the gearbox of the Sikorsky S-92A model

hadn't passed a test that required it to run for 30 minutes without oil in order to meet a safety standard set by the U.S.-based Federal Aviation Administration.

According to additional documents obtained by The Canadian Press on the same Aug. 6, 2002, test, the gearbox fell about 20 minutes short of the goal when it was run at moderate speeds after oil was rapidly drained.

But Sikorsky says it has proven to aviation authorities that the chances of an oil leak from the gearbox housing is extremely unlikely and that the installation of a bypass valve resolves the only identifiable cause of a main gearbox oil leak.

The Transportation Safety Board is still investigating the cause of the Cougar Flight 491 crash, which killed 17 people.

THE CANADIAN PRESS

News in brief

FLOODING Hundreds of south Vancouver Island residents are returning home after a combination of heavy rain, melting snow and high tides caused the Cowichan and Koksilah rivers and several creeks to spill their banks on Friday, flooding dozens of homes in Duncan and the surrounding area. Yesterday, the rain was still falling but most of the flooding had receded. There is more rain in the forecast, but officials aren't expecting more flooding. **THE CANADIAN PRESS**

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Officials to probe radiation release

The U.S. Nuclear Regulatory Commission is sending investigators to the Three Mile Island nuclear plant in Pennsylvania after a small amount of radiation was detected. **THE ASSOCIATED PRESS**

7

World

Mine blast kills 92

When gas levels suddenly spiked deep in the Xinxing coal mine, Wang Jiguo grabbed two co-workers and they ran for their lives. Minutes later, there was a huge bang, a torrent of hot air and the earth shuddered.

Two days later, at least 92 people are reported dead and 16 missing, the official Xinhua news agency said. The deadliest accident in China's mining industry for two years has highlighted how heavy demand for power-generating coal comes at a high human cost.

"Development is important, but the growth of GDP shouldn't be achieved at the price of miners' blood," said provincial governor Li Zhanshu, urging officials to better manage coal mines.

The blast at the nearly 100-year-old mine in Heilongjiang province, near the Russian border, dealt a blow to the central government's race to improve safety, which has seen the shuttering or absorbing hundreds of smaller, private mines into state-owned



Rescuers on a trolley prepare to enter the site of the gas explosion at the Xinxing Mine in China.

16 missing

- Authorities say the 16 miners still missing are trapped about half a kilometre underground.

operations. The government says the closure of about 1,000 dangerous small mines last year has helped cut fatalities. Yet hundreds still die in major accidents each year, even at state-run mines, such as a blast in Shanxi province in February that killed 78.

After Saturday's accident,

the Xinxing mine's director, deputy director and chief engineer were fired, said an employee, who refused to give his name because he was not authorized to speak to the media.

Of the 528 people reported working in the mine at the time of the explosion, 420 escaped, Xinhua reported. At the Hegang Mining Group General Hospital, which a spokesman said was treating 32 injured miners, a few were in the intensive care unit under police guard.

THE ASSOCIATED PRESS

Health-care bill moves on for debate

WASHINGTON U.S. Senate Democrats, without a vote to spare, pushed forward a bill to overhaul the American health-care system, but a divisive debate still lies ahead and there is no assurance the measure — as written — will win approval in the upper chamber of the Congress.

In a rare weekend session, the Senate voted 60-39 to move the health-care reform legislation to the floor for a full debate, expected to begin after lawmakers re-

turn from the U.S. Thanksgiving recess. The 60 votes were the minimum needed under Senate rules to overcome Republican legislative

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With Republicans promising a no vote, internal squabbling among Democrats is the bill's biggest obstacle. Scan this code for the full story.

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manoeuvres to prevent the bill from even being debated.

The legislation would extend coverage to roughly 31 million Americans without insurance, crack down on insurance company practices that deny or dilute benefits and curtail the growth of spending on medical care nationally.

Saturday's vote was hailed as a victory for President Barack Obama, but final passage is far from certain. **THE ASSOCIATED PRESS**

Defendants want to air grievances

9-11 The five men facing trial in the Sept. 11 attacks will plead not guilty so that they can air their criticisms of U.S. foreign policy, the lawyer for one of the defendants said yesterday.

Scott Fenstermaker, the lawyer for accused terrorist Ali Abd al-Aziz Ali, said the men would not deny their role in the 2001 attacks but "would explain what happened and why they did it."

Ali, also known as Ammar al-Baluchi, is a nephew

of professed 9-11 mastermind Khalid Sheikh Mohammed. Mohammed, Ali and the others will explain "their assessment of American foreign policy," Fenstermaker said. "Their assessment is negative," he said.

Critics of U.S. Attorney General Eric Holder's decision to try the men in a New York courthouse have warned that the trial would provide the defendants with a propaganda platform. **THE ASSOCIATED PRESS**

29 dead, 240 rescued in sinking

INDONESIA Rescuers saved more than 240 people aboard a passenger ferry that sank yesterday in rough waters off Sumatra island, but 29 people have died and at least 17 others were missing, officials said. A second ferry ran aground nearby, but all its passengers were said to be safe. Indonesian ferry accidents have killed hundreds of people in recent years. **THE ASSOCIATED PRESS**

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Mothers score win vs. OC Transpo

InTransit

Steve Collins

metronews.ca/intransit

You could hardly blame the city's transit committee, faced in a meeting last week with a sizable delegation of ticked-off young mothers, for re-

versing proposed restrictions on strollers aboard buses.

The change, designed to reduce bottlenecks at the front of the bus, would have limited the number of open strollers up front, requiring those in excess to be folded up (presumably after the removal of children) for the duration of the trip.

It must be noted that strollers, to my eye, have grown steadily bigger in recent years, to the point where some approach the

size of Smart cars. They do take up some space.

But these are not our purchasing and parenting decisions to make, and moms are transit users, too. We've all seen them perform the daily feat of boarding, keeping a grip on one or more squirming kids, plus stroller and assorted paraphernalia, while flashing the bus pass at the driver. Adding an extra setup/takedown step to their routine seems a bit much.

As things stand, it will be

up to the driver to determine whether the stroller blockade in the aisle is unacceptably compromising passenger comfort or safety.

As it happens, OC Transpo is also hoping to slow down drivers so that if they're not on time, they're more likely to be late than early. It is, after all, easier to catch a bus that's a couple of minutes late than one that whizzed by a couple of minutes earlier.

So we've got another minute or two to let every-

one get settled in. Why not take advantage of it and make room for everyone?

The initial attempt to settle such daily inconveniences and awkward moments with an across-the-board rule was probably misguided in the first place. The buses are shared turf, and riders generally do a pretty good job of the sharing.

Legislating courtesy is probably the least reliable method of encouraging it, although the Toronto Transit Commission has made a

spirited attempt, responding to growing complaints by jacking up fines to \$195 or \$345 for all sorts of incivilities and offences.

The results from this mandatory politeness crackdown remain to be seen, but I would expect better results from leaving most problems between passengers to the passengers themselves. Most of the time, we manage.

Steve Collins lives, writes and walks in Ottawa; ottawaleaders@metronews.ca.

Views

Squirrels can drive you nutty over the holidays

HineSight

Anne Hines

metronews.ca/hinesight

Today we begin a series on "Prepping for the holidays." First up, how to avoid those pesky "what-the-hell-was-I-thinking?" holiday moments. A what-the-hell-was-I-thinking? is anything that seemed like a good idea at the time, even though everyone else could see disaster coming a mile off.

What-the-hell-was-I-thinking? are common

around any major holiday. Suddenly, "holiday head" sets in and we find ourselves thinking, "Gosh, it would be fun to invite both sides of the family to dinner" in spite of what happened the last six years, or "I'm sure everyone will prefer a tofu turkey because it's kinder to animals."

There is a solution. You can avoid a what-the-hell-was-I-thinking? by following this simple plan.

Pause.

Now ask yourself one all-important question. "Is there any possible way that what I am planning to do could lead me to end up with an angry squirrel trapped in a metal garbage

can?"

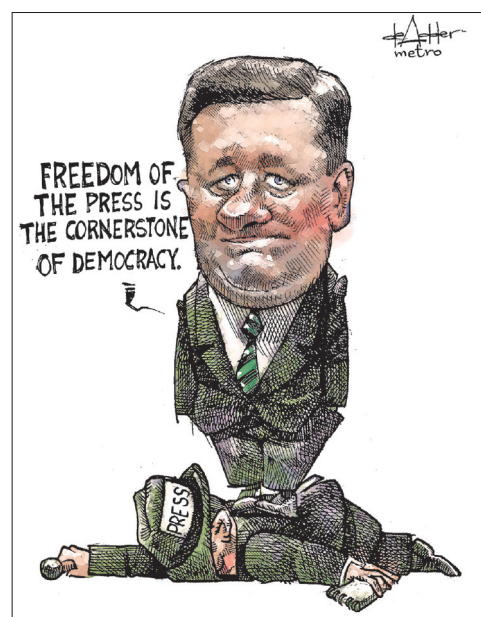
Perhaps I should explain. A half-hour ago, I went into my backyard to feed the birds, accidentally leaving the lid off the metal garbage can that holds my birdseed. I came back onto the deck. A scuffling from the can. The black squirrel that rules my backyard was inside the can, munching seed. Instantly, I threw the lid on. "Hah!" I rejoiced, "I've trapped the nasty, evil squirrel in a can!" This was followed immediately by, "Oh my God. I've trapped the nasty, evil squirrel in a can!"

I now have three options. A) Remove the lid and possibly get my face chewed off. B) Never, ever remove

the lid and never be able to use the can, birdseed or possibly my deck ever again. Or C) Do what any sensible woman would do. Call my partner to come home from hockey practice and let the squirrel out of the can. She has a face mask.

So, before you issue invitations, plan a menu or even think about presents, ask whether squirrels, metal cans or hockey masks are likely to become involved in any way. And let's all have a what-the-hell-was-I-thinking? free holiday.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number - street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Battle for the planet

Award-winning Canadian writer Cleo Paskal examines the conflicts around environmentalism in her latest book *Global Warring: How Environmental, Economic and Political Crises Will Redraw The World Map*. Hardcover, \$32.95. **METRO NEWS SERVICES**

9

Going Green

In the beginning ...

Greenpeace Canada has released *Amchitka* — a live CD of the 1970 Vancouver concert that launched Greenpeace. The album features performances by Canadian songstress Joni Mitchell, James Taylor and Phil Ochs. Visit amchitka-concert.com to buy the CD. **METRO NEWS SERVICES**

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONWS.CA

Rock the water

Web music project aims for cleaner shorelines

KUMAR SAHA
Metro Canada



Mark Mattson doesn't like a sign that says "don't swim, don't drink, don't fish" on a waterfront.

As the president of Lake Ontario Waterkeeper, Mattson has been leading a crusade against water pollution along with other grassroots Waterkeeper and Riverkeeper organizations across Canada for almost a decade. So, when the time came to step up the battle for cleaner shorelines and waterways, the choice for naming the latest salvo was clear.

"What we are really fighting for is public access to clean water — fish habitat, drinking water and recreation. So, we took off the 'don't' and that became sort of our model," Mattson, 47, tells Metro.

With some rock 'n' roll thrown in the mix, Swim Drink Fish Music (swim-drinkfishmusic.com) was born.

Launched in June this year, the online music and audio project brings together activists, musicians and

Getting involved

- Membership for Swim Drink Fish Music is \$10 per year. Visit swimdrinkfishmusic.com for more information.
- For information about Lake Ontario Waterkeeper and other Canadian Waterkeeper and Riverkeeper organizations, visit water-keepers.ca

artists who care about clean water. The website features exclusive songs from iconic rockers such as The Tragically Hip's Gord Downie and Bruce Cockburn as well as indie artists like Stars and Apostle of Hustle.

In fact, Downie, with a little help from alt-country rockers The Sadies, is Swim Drink Fish Music's featured artist for this month with a rousing rendition of Randy Newman's *Louisiana 1927*, a song that has deep significance for water issues.

"As an environmental justice group, we are small and we need a lot of people, not just environmentalists involved. (We need) musicians ... lending their

talents, singing songs, helping us with concerts. People like Downie, (Canadian singer-songwriters) Sarah Harmer and Dave Bidini started understanding and getting to know the issues, being more than just creative inspirations.

"It just seemed like a natural way to not underutilize their time and at the same time not turn Lake Ontario Waterkeeper and the other groups into concert venues," says Mattson.

True to Mattson's words, there's a lot more to Swim Drink Fish Music than just hanging out at a virtual rock club. The online forum also sheds light on some of the burning issues at hand in conventional ways — through radio shows and podcasts, including a Canadianized version of celebrity environmentalist Robert F. Kennedy Jr's Ring of Fire program.

But Mattson acknowledges that the musical hook works as a calling card for the fledgling Waterkeepers.

"(Swim Drink Fish Music) has been effective for us. I have it everywhere I go. It's



Swim Drink Fish Music is an online forum that brings together artists like The Tragically Hip's Gord Downie, top right, and activists in the fight against water pollution.



sentiment. Swim Drink Fish Music's featured artist for September, the former Rheostatics guitarist contributed a 30-song suite about "the water/the lake/the land" to the website. He hopes that his set will draw his fans to the cause.

"Come for the music, stay for one's conscience," Bidini says.

a great way to introduce yourself to our work. Then, if you are more interested in getting involved, you can

become a member of the actual organization," Mattson explains.

Bidini echoes a similar



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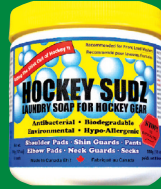
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Companies that buy grain may be getting more than they paid for. The Canadian Wheat Board, apparently for no reason, shared "sensitive information" about farmers with companies that buy and handle grain, says a newly released document. **THE CANADIAN PRESS**

Business



Hockey dads battle gear stink

When two hockey dads got stuck in an SUV with six young puck-shooting girls and their six foul-smelling hockey bags, they decided to mount a defence. The result was Hockey Sudz. After two years of trial and error, Keith Howlett and his partner created the soap-based product that's antibacterial, biodegradable, hypo-allergenic and won't break down the glue that holds hockey gear together.

THE CANADIAN PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Survival strategies for women

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Hydro deal worries

NB Power sale has business leaders concerned

The governor of Maine is worried about the proposed mega sale of NB Power to Hydro-Quebec and is eager to voice his concerns with Quebec Premier Jean Charest.

The prospect of Hydro-Quebec becoming a regional powerhouse following last month's \$4.75-billion deal has not only stoked fears in the office of Newfoundland and Labrador Premier Danny Williams, but also among politicians

Power hub?

Quebec and New Brunswick are reportedly talking with Prince Edward Island about a possible 100-megawatt deal that would create a three-province "energy hub" in Eastern Canada.

and business leaders in New England.

In the tentative agreement, Hydro-Quebec would take over the major-

ity of NB Power's assets — including transmission lines to Maine — and add more than 370,000 customers to its base. The deal is expected to be finalized in March.

The proposal would not only give Hydro-Quebec more access to lucrative markets in the northeastern United States, it would also place the province in a strategic position to cut off its Maritime competitors.

THE CANADIAN PRESS

Business in brief

BIG BANKS Canada's biggest banks are expected to report a relatively strong finish to the financial year when they start reporting fourth-quarter earnings tomorrow, but their capital markets divisions could

leave investors jittery about the future. Bank of Montreal is the first to report its earnings tomorrow, while the other banks won't follow suit for another week and a half.

THE CANADIAN PRESS

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Why are these children paying the ultimate price?



"In Sri Lanka, children are struggling with the trauma of witnessing the death of family members and the destruction of their homes." - Times UK

Over 80,000 Tamil children languish in internment camps in Sri Lanka long after the war is declared over. Many of them are orphaned from the war or forcefully separated from their families. These children are subjected to malnutrition; denied access to medical and psychological care they desperately need.

These vulnerable children need to be protected from the continued ill-treatment by the Sri Lankan Government authorities. Have your say in securing their future they rightfully deserve as children.

Speak for the Silenced: Contact your local member of Parliament and ask to press for the Canadian values of Democracy and Human Rights in Sri Lanka

www.justice4tamils.com

Sports



Bolt, Richards nab IAAF awards

Jamaican sprinter Usain Bolt, left, and 400-metre runner Sanya Richards of the United States have won their second IAAF World Athlete of the Year awards. Bolt retained the honour yesterday by winning the 100- and 200-metre finals in record times at the world championships in Berlin. Richards, the 2006 winner, got her first major individual gold medal at the worlds in August.

THE ASSOCIATED PRESS

Riders will face Als for Grey Cup title

CFL Darian Durant threw three touchdown passes — including two in the second half — to power the Saskatchewan Roughriders past the Calgary Stampeders 27-17 in the West Division final yesterday.

With the win, Saskatchewan will meet the Montreal Alouettes in the Grey Cup game at Calgary's McMahon Stadium next weekend.

The Alouettes beat B.C. 56-18 in the East Division final earlier yesterday.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
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Chicago at Vancouver

SENATORS' SATURDAY RESULTS
OTTAWA 5 Buffalo 3

NFL

YESTERDAY'S RESULTS
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Detroit 38 Cleveland 37
Green Bay 30 San Francisco 24
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NBA

YESTERDAY'S RESULTS
Orlando 104 Toronto 96
Boston 107 New York 105 (OT)
Indiana at Charlotte N
New Orleans at Miami N
Detroit at Phoenix N
Oklahoma City at L.A. Lakers N

Groves captures gold

Ottawa speedskater moves into top spot in standings

The Vancouver Olympics are still a few months away, but Kristina Groves' coach doesn't want her taking it easy.

Groves put together a strong performance yesterday, winning gold in the women's 1,500-metre race at a World Cup long-track speedskating competition. It was the second medal in as many days for Canada, following Lucas Makowsky's second-place finish in the men's 1,000-metre race on Saturday.

Groves, from Ottawa, hinted that her focus may have been waning heading into the weekend — but a pep talk from coach Xiuli Wang changed all that.

"Earlier in the week my coach kind of challenged me a little bit to step it up in my mind and not worry about trying to be safe or



Ottawa's Kristina Groves skates in the women's 1500-metre race at the World Cup Speed Skating competition in Hamar, Norway, yesterday, where she won gold.

think it's too early this time of year," said Groves. "I really took that to heart and it made a pretty big difference in my approach to racing today."

Groves, who captured silver in the distance at

the 2006 Olympics, crossed the line in one minute 55.16 seconds. Ireen Wust of the Netherlands was second in 1:55.95, followed by Martina Sablikova of the Czech Republic in 1:56.34.

The victory moved Groves into top spot in the overall World Cup standings with 230 points, 26 clear of Wust. Christine Nesbitt of London, Ont., is third with 180 points.

THE CANADIAN PRESS

Sports in brief

ICE DANCING Canadian ice dancers Tessa Virtue and Scott Moir skated a world's best performance to capture gold yesterday at HomeSense Skate Canada International, a solid ending to an up-and-down

week for the Canadian team less than three months before the Vancouver Olympics.

NHL The banged-up Detroit Red Wings have lost defenceman Niklas Kronwall for at least a month with a sprained

ligament in his left knee. The team announced yesterday that Kronwall will be out four to eight weeks.

SOCCER Jermain Defoe scored five goals as Tottenham overwhelmed Wigan 9-1 yesterday

while Blackburn ended a run of five straight away defeats with a 2-0 victory at Bolton. Tottenham is now even on points with third-place Arsenal, and behind Chelsea and Manchester United. METRO NEWS SERVICES

Colts stay unbeaten

NFL

Colts 17 Ravens 15



NFL The undefeated Indianapolis Colts found yet another way to win a close game, their 19th straight victory.

The 17-15 win secured on former Ravens kicker Matt Stover's go-ahead field goal gave Indianapolis (10-0), the second-longest streak in NFL history behind a 21-game run by the New England Patriots (2006-08). Indy received an inspired performance from the defence and overcame an uncharacteristic three turnovers.

Much to the dismay of the Ravens and their fans, Stover booted the decisive field goal with 7:02 left.

THE ASSOCIATED PRESS

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EXCLUSIVELY FROM **ROGERS**

Three years after the Alberta government announced it was capping post-secondary tuition rates for up to 10 years to ease the burden on students, the province is allowing cash-strapped institutions to apply for increases in 2010-11. **METRO NEWS SERVICES**

Workology



Co-eds binge more?

A new study published in the *Journal of American College Health* suggests that students living in coeducational housing are much more likely to engage in binge drinking than those in all-male or all-female housing. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Canada falling short with its college funding: ACCC

EDUCATION If Canada's colleges, institutes, and polytechnics are to keep pace with its international competitors, the federal government must quickly ramp up its support for these institutions, says Association of Canadian Community Colleges president James Knight.

While the ACCC praises Ottawa for implementing the Knowledge Infrastructure Program, the program falls short of the estimated \$7 billion required to modernize and expand Canada's colleges, institutes, and polytechnics.

In terms of capital investment, ACCC calls for a 5-year program that would make \$2.5 billion available to leverage matching provincial, private sector, and institutional investments.

\$150M

The current research and development fund sits at \$150 million. The Association of Canadian Community Colleges (ACCC) has called for that to be expanded. The ACCC has asked Ottawa to implement a five year program that would make \$2.5 billion available for capital development projects such as university growth and infrastructure upgrades.

The association also recommends Ottawa increase its current research and development funding by \$150 million and create an applied research and development fund.

METRO NEWS SERVICES

More money, more problems

New study finds Canadians choosing personal life over personal wealth

RAFAEL BRUSILOV
for Metro Canada



Canadians are more interested in leading fulfilling lives than they are in monetary or career success, a new study shows.

The study, conducted by market research firm Angus Reid, found that more than three quarters of Canadians (77 per cent) are focused more on their personal life experiences than their careers.

The study also found that when asked to prioritize different aspects of their lives, nearly half of Canadians (45 per cent) said that time with family and friends is most important to them, followed by a healthy lifestyle (17 per cent) and rich life experiences (15 per cent), with monetary (nine per cent) and career success (seven per cent) much less important to Canadians on average.

Jeremy Gutsche from Trendhunter.com, a magazine that tracks and reports on cultural trends, says life-fulfillment is proving to be a powerful career force for many Canadians.

"There are a lot of situations where people are seeking out fuller experiences. People want to enrich themselves, even if it means taking a pay cut," Gutsche said.

Thirty-seven per cent of respondents in the study also said the economic recession has made them re-evaluate what is important to them, less than 10 per cent said making more



The study shows that Canadians are choosing to enrich their lifestyles, even if it means taking a pay cut.

money or finding greater career success is their main priority.

In tougher economic times, Gutsche says people are more likely to reconsider their life priorities as people around them lose their jobs and start up new careers.

"Even if you don't lose your job, you see people lose their jobs and ask

yourself, 'What if?' You might reconsider what's important to you," he said.

Master caterer Mike Thompson worked in the Vancouver film industry for 12 years before realizing he was missing out on time with the most important people in his life — his family. The pay was excellent but Thompson frequently worked up to 100

Findings

- 63 per cent of British Columbians believe they lead enriched lifestyles, the highest rate in the country
- 42 per cent of Albertans say the recession has caused them to re-evaluate what's important in their lives, and 51 per cent say that they have recently changed the focus of their lives.
- Residents of the Prairie provinces are Canada's most optimistic: 89 per cent stated they are optimistic about the future
- Ontarians responded most favourably to the thought of spending more time at home with the family (31 per cent).
- 20 per cent of Atlantic Canadians are most interested in pursuing a life-long ambition, compared with 12 in B.C. and 15 in Ontario.

hours per week and hardly saw his children awake.

"My son told me he couldn't remember what I looked like. You wake up one day and realize you've missed a lot," Thompson said.

Two years ago he quit his job and opened his own sandwich shop, Duke's on Broadway in downtown Vancouver. He counts many of his former coworkers as customers now and while he makes less money on the bottom line, he gets to spend as much time every day with his family as he wants.

"Getting ahead was most important to me before. Now it's enjoying life."

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News in brief

VANDALISM An incident of vandalism last month at Grande Prairie Regional College has delayed renovations to the school's fine arts wing, pushing it back by at least three weeks. In the early hours of Oct. 24, someone broke into the school and turned on a 38-millimetre water valve from a fire house cabinet, allowing the room flood and causing about \$100,000 in damages to the renovation project. The \$3.5-million renovation project will resume once GPRC receives approval from its insurance company. **METRO NEWS SERVICES**



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14workology

Avoiding the work holi-daze

Simple steps on how to prevent holiday hell over Christmas

During the holiday season, we all may make questionable choices, like wearing knitted snowman sweaters, overindulging at the dinner table or serving turducken. But according to administrative staffing firm OfficeTeam, the decisions professionals make before going on vacation can mean the difference between a relaxing respite or a harried holiday.

"Taking time off provides an opportunity for employees to recharge and come back to work refreshed," said OfficeTeam executive director Robert Hosking.

"However, those who don't lay the proper groundwork before they leave may find themselves constantly connected to the office while on holiday breaks or overloaded when they return."

OfficeTeam offers five common vacation missteps and tips for avoiding them:

1. Carving out time at the last minute. Coordi-



Before going on vacation, be sure to re-schedule any meetings you might have to avoid angering your co-workers.

nate vacation dates with your team as early as possible to avoid scheduling conflicts or a lack of proj-

ect coverage. Be sure to let your coworkers and other business contacts know when you'll be out.

2. Acting like a turkey. Use your out-of-office features wisely by including an alternate contact on your voice-mail or e-mail notices. This ensures people get immediate assistance and assignments stay on track.

3. Ruffling colleagues' feathers. Forgetting to cancel or reschedule meetings planned during your vacation is discourteous to others who set time aside to talk to you. Also, mark your time off on any group calendars so people know when you are not available.

4. Overstuffing your inbox. Examine the storage capacity on your e-mail inbox to ensure you have plenty of space to receive large-size files while you're away. In addition, clean out your voice-mail box.

5. Not clearing your plate. Avoid scheduling meetings for the morning of your return so you can spend the time getting up to speed on assignments and catching up on e-mail.

METRO NEWS SERVICES

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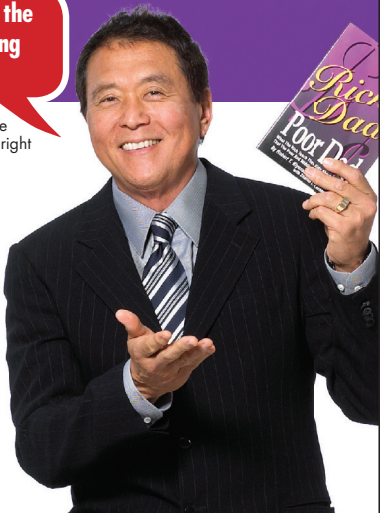
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Holland College goes virtual

Holland College has set up an interactive map of its campuses across Prince Edward Island on its website. Visitors to the virtual tour can click on blue markers on the map to bring up 360-degree panoramas and videos of various centres. **METRO NEWS SERVICES**

workology **15**

Keeping Canadians puzzled

How one of Canada's crossword creators got a late start and climbed to the top

OddJobs

Diane Peters

Metronews.ca/oddjobs

Talk about your late bloomer: one of Canada's foremost crossword writers only started doing crossword puzzles in her 50s.

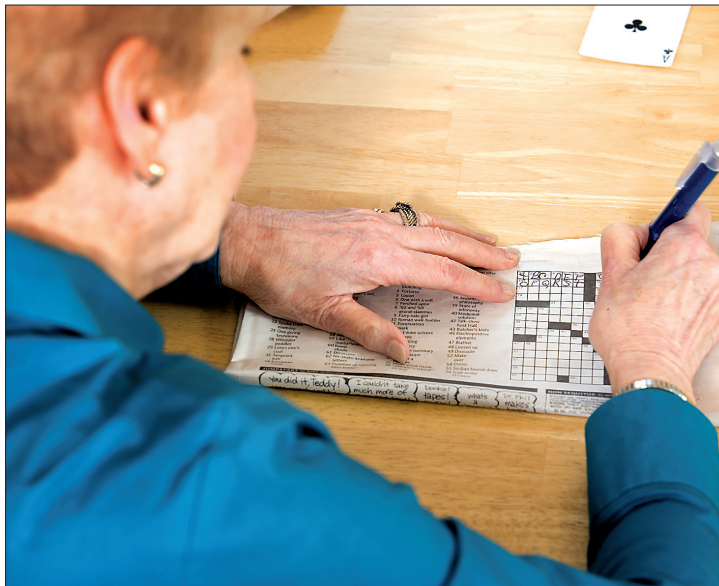
"I always loved words and had a big vocabulary and was a big reader from an early age," says Kathleen Hamilton, now 67. The Montrealese was born in Saskatchewan and majored in French at the University of Saskatchewan. She ended up in Toronto, where she lived for 20 years, working as an editor.

But around the time she got into puzzles, chronic fatigue syndrome made working full-time a challenge. So she moved out to Victoria in 1997 to become a freelance writer.

Not long after the move, she read an article about how to write your own crosswords. Hamilton grabbed a piece of paper and gave it a try.

"I loved it. It was so engrossing, it was wonderful."

She bought crossword-



Kathleen Hamilton's crosswords challenge and entertain Canadians across the country everyday.

making software and decided to produce four pamphlets of puzzles a year.

Realizing this plan would take far too much work, Hamilton soon created a larger annual book, put a big maple leaf on the cover, and hauled it to Toronto for the fall 1998 Word on the Street book and magazines fair.

When the publisher of the Toronto Star, John Honderich, walked by, she

gave him a book. The following February, the Star called — readers were demanding more Canadian content in their puzzles.

Hamilton's North of 49 puzzle has been running on Saturdays ever since. It's now syndicated and appears in papers across the country.

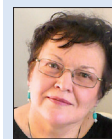
One week a month, she creates a batch of four new puzzles to run in the newspaper.

Hamilton starts by creating four different word lists of 100 words each. She tries to make most of the long words Canadian.

She selects some grids and lets her computer program generate several possible puzzles for each list. She picks the ones that look the best, then it's on to the task of creating clues.

Armed with a dictionary, she writes clues that are

The Lowdown



Job title: Crossword creator
Salary: "It's my sole source of income."

Education/training: A knowledge of puzzles and editing skills

Best Part of the Job: "I like working with words and I like the fact that people enjoy doing my crosswords."

Worst Part of the Job: Sometimes it's tedious. The pressure of deadlines."

accurate and fun without being too hard or abstract. She keeps a record of all the clues she's written — she now has thousands — so she can reuse an old one if she likes, but avoids repeating them too often.

She then looks over the crossword to make sure it's entertaining and not too hard, and double checks for mistakes.

When she's not crossword creating, Hamilton works on her business — she's currently self-publishing an annual collection — or spends time with her grandson.

Does she still love puzzles?

She's actually tired of regular crosswords: she's now into Sudoku and cryptic crosswords.

Ontario looks at investing heavily in research

FUNDING The Ontario government announced this week it is investing \$33 million to support over 300 McMaster University researchers involved in health, digital media, and clean energy research projects.

The funding will support the development of sophisticated new biomaterials and devices, the production of a new generation of advanced solar cells that capture and convert much more of the sun's rays, and the prevention and treatment of acute intestinal infections. The investment is part of a \$268-million Ontario-wide investment that will support 214 projects and over 3,300 researchers in 14 cities. The rollout of provincial funds will continue in 2010.

METRO NEWS SERVICE

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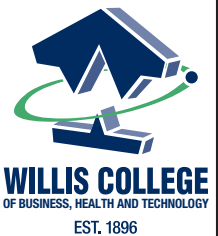
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After one of Miley Cyrus' tour buses crashed on the weekend, leaving the driver dead, the Cyrus family wrote a message on her website, expressing their condolences. "We are deeply saddened by the loss of Bill 'Uncle Bill' Douglas," the message read. **POPEATER.COM**

Close shave

Demi Moore is defending a photo of herself on the latest cover of *W*, insisting on Twitter that the image was not altered, even though a piece of her hip appears to have been shaved off. **METRO WORLD NEWS**

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Justin Bieber fans lose control in New York

Police on Long Island had to shut down a mall appearance by Canadian teen pop singer Justin Bieber after thousands of young girls showed up, and got a little too wild.

Girls and adults in the crowd of nearly 3,000 started pushing and shoving on Friday as they waited for the 15-year-old from Stratford, Ont., to show at the Roosevelt Field Mall in Garden City.

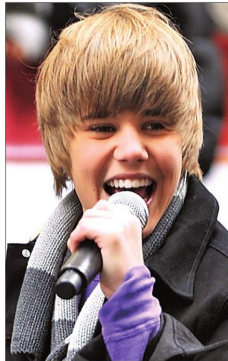
Bieber's appearance was still two hours away when things got out of hand.

Five people were taken to hospitals by minor injuries.

Island Records, which released the Canadian teen's first album, *My World*, this week, apologized to fans in a written statement.

His album was the top selling CD last week in Canada in a list published by HMV Canada.

"People started screaming, 'Justin!' And they ran forward and the ropes collapsed," said 13-year-old Aimee Macchi. She said she was knocked to the floor in



Justin Bieber

the rush. "Everyone was pushing. There was no room to breathe."

Police arrested a vice president from Bieber's record label, Island Def Jam Records, saying he wasn't cooperating with attempts to disperse the crowd.

Bieber never made it into the building.

"They are not allowing me to come into the mall," he said in a message sent to fans through Twitter.

THE ASSOCIATED PRESS

The Road warrior

Viggo Mortensen throws himself into post-apocalyptic role

NED EHRBAR
for Metro Canada

Listening to Viggo Mortensen describe production on his latest film, the big-screen adaptation of Cormac McCarthy's Pulitzer Prize-winning novel *The Road*, you'd think he's been through the post-apocalyptic events of the book himself.

"At the end, there was a sense of satisfaction in having gotten through it OK," he says. "If the movie turns out well, then fine. But the actual experience was intense."

The movie indeed turned out well, with Mortensen already garnering Oscar buzz for his portrayal of an unnamed father navigating the ravaged, cannibal-lurking highways of the U.S. after an unnamed disaster, trying to keep his young son (newcomer Kodi Smit-McPhee) safe. But it was a role the actor wasn't originally interested in taking on.

"I was reluctant," he admits. "I initially said, 'I don't think so.' I said to my agent, 'I can't. I'm really worn out. I won't be focused.' And then I looked at the story and I thought, 'Well, being worn out? That works.'"

Once he'd signed on, Mortensen threw himself into his usual process for preparing for a role.



Viggo Mortensen and Kodi Smit-McPhee star in *The Road*, based on Cormac McCarthy's novel.

"I tried to do things that I thought would be helpful, like listening to certain kinds of music, watching certain kinds of movies to get me in a certain state where I could go to those places that the character demanded emotionally," he says.

But the usual techniques didn't work for this project, Mortensen found. "It was very different than any other role in the sense of how much I had to throw away. It's about being naked emotionally and just being honest about it," he says.

Production on the film

took them out into the wilds of Pennsylvania, Oregon and Louisiana, exposing cast and crew to the elements.

Mortensen says it was that aspect that really pushed his performance to where it needed to be.

"As much as we didn't like it, the fact that we were so cold and we were wet all the time and tired actually helped us," he says. "Let's say it hadn't been a relatively low-budget movie and it had been shot with green screen. It just wouldn't have been the same. It forced us to places emo-

tionally."

One scene stood out above the others for Mortensen, as far as surviving the elements goes: Late in the film, his character has to swim out to a wrecked ship to scavenge, racing completely naked into the churning surf.

"It was cold," Mortensen remembers. "Very cold. I asked for another take, but they didn't want me to. They were terrified. They had ambulances standing by. The water was about 41 F, and the air temperature was the same."

"I just sat in the ambulance in a bathrobe and said, 'Just tell me when you're rolling. I'm just going to run out and go.'"

The Road opens in theatres on Friday.

Weekend box office

- | | |
|---|---|
| 1 The Twilight Saga: New Moon: \$140.7 million US | 6 Precious: \$11 million |
| 2 The Blind Side: \$34.5 million | 7 The Men Who Stare at Goats: \$2.8 million |
| 3 2012: \$26.5 million | 8 Couples Retreat: \$2 million |
| 4 Planet 51: \$12.6 million | 9 The Fourth Kind: \$1.7 million |
| 5 A Christmas Carol: \$12.6 million | 10 Law Abiding Citizen: \$1.6 million |

THE ASSOCIATED PRESS



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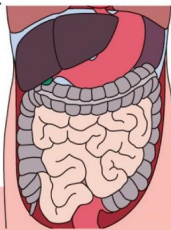
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Plaskett takes two trophies at Folk awards

Halifax singer/songwriter Joel Plaskett led a big night for East Coast musicians at the fifth annual Canadian Folk Music Awards on Saturday.

Plaskett was the only multiple award winner at the gala, earning prizes for contemporary album of the year and producer of the year.

Fellow Halifax native Susan Crowe was named English songwriter of the year while ukulele player James Hill — who is originally from Langley, B.C., but is now based in Brookfield, N.S. — won traditional al-

bum of the year for his collaboration with Anne Davison.

Charlottetown's Catherine MacLellan was named solo artist of the year and fellow P.E.I. resident Colette Cheverie won traditional singer of the year.

Ariana Gillis of Vineland, Ont., won young performer of the year over Taylor Mitchell, the 19-year-old songstress who was mauled to death by coyotes while hiking in Nova Scotia last month. Montreal's Karim Saada won for world solo



Plaskett

artist of the year while Quebec City's Mansa Sissoko and Toronto banjo player Jayme Stone took the world group prize.

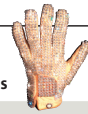
Montreal's Catherine Durand was named French songwriter of the year.

Toronto's Sultans of String, who had been nominated for three awards, received the trophy for instrumental group of the year, while band member Chris McKhool earned the children's album of the year award for *FiddleFire!*

THE CANADIAN PRESS

For that price, you'd think you could get a pair

The shimmering, white glove Michael Jackson wore when he premiered his trademark moonwalk dance in 1983 was sold to a Hong Kong bidder for \$420,000 including fees and taxes in a New York City auction of Jackson memorabilia. **THE CANADIAN PRESS**



Doc explores debate over carbon trading

There's a scene in the new documentary Carbon Hunters where actor Harrison Ford has a chunk of hair ripped off his chest with hot wax, all in the name of saving rainforests.

The clip from the Lost Here, Felt There public service video is an example of how far some will go to draw attention to the impact of global warming, and it fits well in a film about how far others will go to make money from it.

Carbon Hunters follows Shawn Burns, a new breed of entrepreneur who tries to earn a living putting a price on pollution. As chief executive of Vancouver-based Carbon Credit Corp., Burns finds people who are cutting back their greenhouse gas emissions, generating what is called carbon credits.

These credits come from farmers in Alberta who have stopped turning the soil before planting a new crop, or those in India who are using treadle pumps for irrigation to replace carbon-

emitting diesel pumps. Burns, and other carbon hunting firms like his, package those credits and sell them to heavy industrial polluters. "I think you can make money and save the planet at the same time. And I think you should," said Burns.

But not everyone sees buying and selling of pollution as an enviable business. Kevin Smith, of the environmental group Carbon Trade Watch, argues in the documentary that the so-called cap-and-trade system rewards large polluters and does little to stop global warming.

Smith said it also gives some businesses the "environmental credibility they don't deserve."

Vancouver journalist Miro Cernetig, who wrote and directed the documen-

tary, thought carbon trading was just a fad at first. "I was skeptical about it, and still am," Cernetig said.

But Cernetig said it's hard to ignore the global carbon market, which today is valued at more than \$100 billion. Europe has a full carbon market, currently the world's largest, while the U.S. is close to setting up its own system.

In Canada, some carbon credits are traded through the Montreal Climate Exchange. Cernetig said the jury is still out on how viable the carbon market is long-term, given the commodity is essentially invisible. "Nobody knows if cap-and-trade will work. A lot of smart people think it won't," he said.

THE CANADIAN PRESS

"Nobody knows if cap-and-trade will work. A lot of smart people think it will, a lot of smart people think it won't."

Miro Cernetig, filmmaker

Words fuses comedy and bio

Last Words

Author: George Carlin with Tony Hendra

Publisher: Free Press

Price: \$32.00 (Hardcover)



The 2008 death of American comedian George Carlin marked the passing of one of the country's preeminent comic forces. In *Last Words*, his life is recounted, based on a series of

conversations between he and comedian friend Tony Hendra, from the time Carlin came "barreling down the birth canal" to his final days. Coloured by the humour and quick style of his standup, *Last Words* fuses comedy with biography, observing Carlin's upbringing, relationships and both the bad and good he was known for, including drug addiction and his famous Seven Words You Can Never Say On Television routine.

Prince of Stories

Author: Hank Wagner, Christopher Golden & Stephen R. Bissette

Publisher: St. Martin's Griffin

Price: \$22.99 (Paperback)



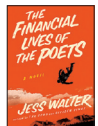
Although he's just shy of 50-years-old, English novelist Neil Gaiman is the subject of *Prince of Stories*, a thorough biographical and critical guidebook of the fantasy, horror and science fiction author. The often-feted writer came to wide recognition with his graphic novel *Sandman*, which helped advance the popularity of the medium itself. The book mines Gaiman's genre-spanning works from novel *Anansi Boys*, through children's books like *Coraline* and *The Graveyard Book* to film screenplays like 2007's *Beowulf*. This Gaiman guide will educate newcomers and existing fans.

The Financial Lives of Ethe Poets

Author: Jess Walter

Publisher: Harper

Price: \$33.99 (Hardcover)



Matt Prior's brainwave to launch Poetfolio.com, a portal for his financial poetry, might have seemed like his opportunity to showcase creativity in numbers. But a bad idea is a bad idea and Matt must crawl back to the business journalist gig he left to hone his talents, just to be fired soon after. With a wife and two kids to support, Matt finds himself, like most other Americans, in financial distress. That's until a quick insomnia fix becomes a new business venture: marijuana dealer. Faced with dangers of an illegal industry and losing his home, Matt's problems transcend financial in this warm satire. — BRIAN COULTON/ FOR METRO CANADA

Plaskett leads folk music awards

MUSIC Halifax singer/songwriter Joel Plaskett led a big night for East Coast musicians at the fifth annual Canadian Folk Music Awards on Saturday. Plaskett was the only multiple award winner at the gala, earning prizes for contemporary album of the year and producer of the year.

Fellow Halifax native Susan Crowe was named English songwriter of the year. Ariana Gillis of Vineland, Ont., won young performer of the year over Taylor Mitchell, the 19-year-old songstress who was mauled to death by coyotes while hiking in Nova Scotia last month.

THE CANADIAN PRESS

Travolta family attends charity film screening

FILM John Travolta and his family made their first public appearance in their adopted hometown of Ocala, Fla. since his son's Jan. 2 death.

Travolta, wife Kelly Preston and daughter Ella Bleu greeted fans at a charity preview screening of his new comedy, *Old Dogs*. An emotional Travolta thanked the crowd for supporting the family since 16-year-old Jett Travolta died at the family vacation home in the Bahamas.

THE ASSOCIATED PRESS

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	- - 5	SRC Virginie (SC)	Les Parent (N)	L'Aubeur du chien noir (SC)	Idol Louis-José Houde (SC)	Le Téléjournal Nouvelles (SC)	La Zone (SC)			
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	- 360 9	NBC Wheel-Fortune	Jeopardy! (N)	Heroes "Thanksgiving"	Trauma "Thank You" (N)	The Jay Leno Show (N)	News			
	117 713 10	TVA La Classe de Se (N) (SC)	Yamaska (HDTV) (N) (SC)	CSI: NY "Mort intérieure" (SC)	Lance et compte	TVA nouvelles	(10:45) Denis Lévesque			
	- - 11	QS La Maison de Rire et délire	Mega construction	La Femme de Checkpoint Charlie (2007)	Find My Family	Castle (HDTV) (N)	Villages			
	137 763 12	TFO Panorama	The Insider (N)	Judge-Brown	How I Met... Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Kill Clause"	Two/Half Men	
	- 362 13	CBS The Insider (N)	Judge-Brown	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	TBA		
	216 395 14	OMN2 Family Guy	The Office	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	TBA		
	214 344 15	CITY Law & Order: SVU	How I Met... Accidentally	Omni News: Italian Edition	Vivre V	Omni News:	The Simpsons	King of the Hill	Metropia	
	115 343 16	CFMT Two/Half Men	The Simpsons	Maid in Manhattan ** (2002, Romance-Comedy)	Action News	Entertainment	Dancing With the Stars (HDTV) (Live)	Heure polit.	L'Heure politique	
	218 345 18	CHCH	La Période de questions	Little House on the Prairie	Dr. Quinn, Medicine Woman	House (HDTV) (N)	100 Huntley Street	Life Today	This Is Day	Période-quest.
	- 361 20	ABC Action News	Entertainment	Dancing With the Stars (HDTV) (Live)	Heure polit.	L'Heure politique	100 Huntley Street	Life Today	This Is Day	Période-quest.
	512 396 24	CPAC La Période de questions	Little House on the Prairie	Dr. Quinn, Medicine Woman	House (HDTV) (N)	(9:01) Lie to Me (N)	FOX 2 News (N)	News		
	651 355 25	CTBS Little House on the Prairie	Dr. Quinn, Medicine Woman	House (HDTV) (N)	(9:01) Lie to Me (N)	FOX 2 News (N)	News			
	- 365 36	FOX TMZ (N)	Seinfeld	Antiques Roadshow (N)	American Experience	CSI: Miami "Kill Clause"	CTV News			
	- - 64	PBS Business Rpt.	Whiz Quiz	Antiques Roadshow (N)	American Experience	CSI: Miami "Kill Clause"	CTV News			
	205 312 104	CTV etalk	Hollywood	Dancing With the Stars (HDTV) (Live)	TBA	CSI: Miami "Kill Clause"	CTV News			
	502 390 26	NW Connect Today's biggest stories (N)	CNN Tonight	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	National			
	500 500 33	CNN CNN Tonight	OverTime	NHL Hockey Washington Capitals at Ottawa Senators.	Grands reportages (SC)	Le Téléjournal (SC)	Sportsnet Con. Hockey: Subway Super Series			
	406 417 27	net	OverTime	NHL Hockey Washington Capitals at Ottawa Senators.	Grands reportages (SC)	Le Téléjournal (SC)	Sportsnet Con. Hockey: Subway Super Series			
	126 730 28	RDI 24 Heures en 60 minutes	That's Hockey!	Monday Night Countdown	NFL Football Tennessee Titans at Houston Texans (HDTV) (Live)	(9:15) WWE Monday Night Raw	Score Now			
	400 280 30	TSN That's Hockey!	Monday Night Countdown	NFL Football Tennessee Titans at Houston Texans (HDTV) (Live)	(9:15) WWE Monday Night Raw	Score Now				
	410 403 52	SCR RaceNight	Ghost Hunters International	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters International	Bounty Hunter		
	411 457 56	OLN Pass Time	NASCAR Hub	This Week in NASCAR (N)	Reba	Accord-Jim	Accord-Jim	Home Improve.	Home Improve.	
	417 406 59	SC Pass Time	NASCAR Hub	This Week in NASCAR (N)	Reba	Accord-Jim	Accord-Jim	Home Improve.	Home Improve.	
	554 544 48	TEL Scooby-Doo	Total Drama	Overruled!	Han, Montana	Malcolm-Mid.	Hates Chris	Ranked!	Intervention "Anthony"	
	551 540 51	FAM Sonny Chance	Zack & Cody	Overruled!	Han, Montana	Malcolm-Mid.	Hates Chris	Ranked!	Intervention "Anthony"	
	551 542 65	YTV Drake & Josh	That's-Weird	Ranked!	Intervention "Anthony"	CSI: Crime Scene Investgtn.	Kate: Her Story (HDTV)	Apocalypse	Lymphatic Landscapes (2007, Suspense)	
	570 580 29	MTV The Daily Fix	Ranked!	Intervention "Anthony"	CSI: Crime Scene Investgtn.	Kate: Her Story (HDTV)	Apocalypse	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	
	615 520 31	A&E Criminal Minds (HDTV)	CSI: Crime Scene Investgtn.	Kate: Her Story (HDTV)	Apocalypse	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	
	628 584 32	SPKE CSI: Crime Scene Investgtn.	Kate: Her Story (HDTV)	Apocalypse	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	Lymphatic Landscapes (2007, Suspense)	
	521 560 34	TLC Jon & Kate Plus 8	Vie privée, vie publique	The Outer Limits	MythBusters	Reba	10 Pounds	Corner Gas	Name Is Earl	
	145 761 35	TVS Vie privée, vie publique	The Outer Limits	MythBusters	Reba	10 Pounds	Corner Gas	Name Is Earl	House-Payne	
	616 521 39	SHO The Outer Limits	MythBusters	Reba	10 Pounds	Corner Gas	Name Is Earl	House-Payne	Income Prop.	
	620 523 40	BVO Bone	MythBusters	Reba	10 Pounds	Corner Gas	Name Is Earl	House-Payne	Income Prop.	
	520 505 42	DMS Daily Planet (N)	MythBusters	Reba	10 Pounds	Corner Gas	Name Is Earl	House-Payne	Income Prop.	
	575 583 43	CIT Funniest Home Videos	Reba	10 Pounds	Corner Gas	Name Is Earl	House-Payne	Income Prop.	Star Trek: Voyager	
	601 562 45	SLC Rich Bride, Poor Bride	Reba	10 Pounds	Corner Gas	Name Is Earl	House-Payne	Income Prop.	Star Trek: Voyager	
	625 548 46	COM Air Force	22 Minutes	Corner Gas	Name Is Earl	House-Payne	Income Prop.	Star Trek: Voyager	Star Trek: Voyager	
	294 529 47	TBS Family Guy	House-Hunters	Property Virgin	For Rent	Income Prop.	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	
	600 564 49	H&G House-Hunters	Property Virgin	For Rent	Income Prop.	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	
	627 528 50	SBC Stargate Atlantis	Property Virgin	For Rent	Income Prop.	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	
	581 566 53	MTP Over the Bolts	Jessi in Kenya	Real World-Road Rules	The Outer Limits	Patton 360	Science du sport	Science of the Soul (N)	Love It or List It (N)	
	618 524 54	TRV Raymond	Patton 360	Science du sport	Science of the Soul (N)	Love It or List It (N)	House-Sell	Divine Design	Love It-List It	
	522 506 55	HS Battlefield Mysteries	Patton 360	Science du sport	Science of the Soul (N)	Love It or List It (N)	House-Sell	Divine Design	Love It-List It	
	129 773 60	CID Biographies (HDTV)	My Husband	Summer Wine	Friends	Grocery Guy	Notre Peuple (Part 1 of 2)	The Ellen DeGeneres Show (N)	Food Jammers	
	261 394 61	V Murder, She Wrote	My Husband	Summer Wine	Friends	Grocery Guy	Notre Peuple (Part 1 of 2)	The Ellen DeGeneres Show (N)	Food Jammers	
	620 567 62	W Old Christine	Friends	Grocery Guy	Notre Peuple (Part 1 of 2)	The Ellen DeGeneres Show (N)	Food Jammers	Food Jammers	Food Jammers	
	269 350 70	APLN Parler-Survivre	Makusham	Notre Peuple (Part 1 of 2)	The Ellen DeGeneres Show (N)	Food Jammers	Food Jammers	Food Jammers	Food Jammers	
	621 527 71	TK Look-A-Like	TMZ	Food Jammers	Food Jammers	Food Jammers	Food Jammers	Food Jammers	Food Jammers	
	603 561 95	FN Ricardo	David Rocco	Food Jammers	Food Jammers	Food Jammers	Food Jammers	Food Jammers	Food Jammers	

critics'corner

Little Mosque on the Prairie

It's the battle of the dueling public relations campaigns in this new episode. Thorne wants the church to have a higher profile in the community, so he asks Sarah to help. Not to be outdone, Amaar enlists Nate's help in boosting the mosque's image in "Saving Sarah Hamoudi." 8:30 PM on 8 CBC



Symphonic Landscapes

"Beethoven's Ninth Symphony" brings that amazing piece of music to audiences through the melodious magic of conductor Kent Nagano and the Orchestre Symphonique de Montreal. The first three movements are played alongside documentary footage about the influence of Beethoven and his talent. 8 PM on 40 BVO

CSI: Miami

It probably unlikely that we'll see new editions of Clue in which Miss Scarlet murders Colonel Mustard in the drawing room with a jellyfish, but the tentacle creatures are used as a lethal weapon in the new episode "Kill Clause." 10 PM on 13 CBS 7 CTV 104 CTV



Richie released from hospital
Nicole Richie is back at home with her family. Suffering from pneumonia, the 28-year-old star checked into Cedars-Sinai Hospital last week. **USMAGAZINE.COM**

Celebrity Buzz

Ungaro eager to fire Lohan?

A FLOP OF A COLLECTION Ungaro's chairman is desperate to axe Lindsay Lohan's contract with the label, femalefirst.co.uk reports.

The Mean Girls actress' debut collection for the French fashion house was a critical flop and her continued association with the brand has caused a row with chairman Asim Abdullah and CEO Mounir Moufarrige.

A source told the New York Post: "Asim wants her out now. Department stores in the States have already told him they won't

be picking up the line if Lohan remains a collaborator, so it's a serious issue. "Mounir wants to keep her on because it was his idea to hire her in the first place. He's trying to save face."

Earlier this month, Emanuel Ungaro—who has had no contact with the fashion house since his 2005 departure—blasted Lohan's collection.

METRO NEWS SERVICES



Stewart and Pattinson skip after-party to be alone

IT'S THEIR PARTY AND THEY CAN LEAVE IF THEY WANT TO Kristen Stewart and Robert Pattinson just want to be alone. The Twilight stars skipped out on a New Moon screening after-party at New York club The Box last week to hit up a bar by themselves, missing

the chance to celebrate with Natalie Portman, Howard Stern and Gossip Girl star Taylor Momsen.

"It was just the two of them and a bodyguard, who was keeping people away," a source tells Page Six. "They were ordering Belvedere vodka and Amstel Light, and were chatting and laughing. They left at 3 a.m."

METRO WORLD NEWS



Celebrity tweets

Lance Armstrong is having trouble making decisions, Pete Wentz goes to his fans for grooming advice, Sherri Shepherd thinks her plane landed safely because her Twitter followers said so.



* @lancearmstrong Good morning from Rancho Pelota. Wasn't gonna race, then decided to, then not, then yes.

* @petewentz presenting at the AMA's facial hair or no facial hair?

* @SherriEShepherd Made it home - thanks 4 prayers - I'm a big believer in the prayer power & especially Tweeps praying together!

METRO WORLD NEWS

Co-star friendship blooms

CLOSE FRIENDS ON AND OFF SCREEN Dakota Fanning says it's a good thing she's become such a close friend with co-star Kristen Stewart, as the two have to share a steamy on-screen kiss in their upcoming project The Runaways,

about Joan Jett's former band.

"We were so into the scene and into the script and the characters," the 15-year-old tells Access Hollywood. "We're playing Joan Jett and Cherie Curie and they're best friends in the film and we became really close in real life."

METRO WORLD NEWS



Jon's peace offering to Kate

A REAL LIFE WAR OF THE ROSES Jon Gosselin showed up for a daylong divorce arbitration hearing Saturday with a bouquet of long-stemmed red roses for Kate—only to have her turn them down and later leave the courthouse empty-handed, people.com reports.

But while Jon wasn't able to say it with flowers, the former couple was able to express themselves well in other ways, leading to a "successful and productive" session, his lawyer Mark Heller tells People.

"This has been called the real-life War of the Roses," says Heller, referring to the 1989 black comedy in which Michael Douglas and Kathleen Turner played bitterly battling spouses.

METRO NEWS SERVICE



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For the temporary relief of sore throat, cough and nasal congestion. Always read and follow the directions for use.

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Today
Mainly sunny
8° / 3°



Tuesday
Showers
4° / 3°



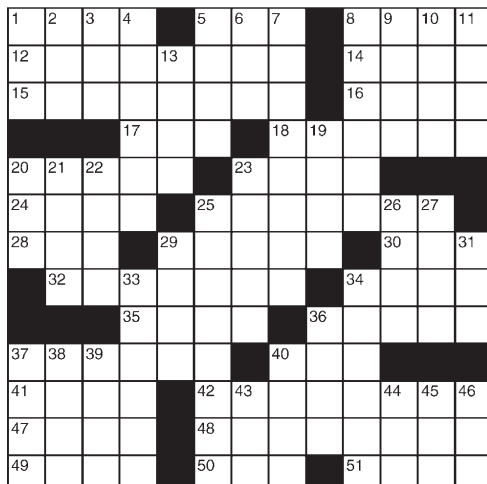
Wednesday
Showers
7° / 4°

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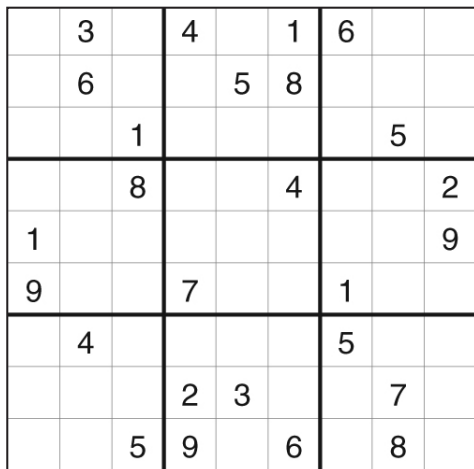
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

- 1 Martial art
- 5 Clerical addr.
- 8 Major or Minor constellation
- 12 Products that may be "wrought"
- 14 Approach
- 15 Off
- 16 Part of TLC
- 17 Anger
- 18 Venue of perfection
- 20 Batter's woe
- 23 Despot
- 24 Firetruck essential
- 25 Coagulate
- 28 Colouration
- 29 Gold measure
- 30 Swab the deck
- 32 Intoxicated
- 34 Location
- 35 Panorama
- 36 Playful water critter
- 37 Capital of Mozambique
- 40 Mongrel

- 41 MPs' target
- 42 Abandoned
- 47 California wine valley
- 48 City in the Bahamas
- 49 Spud's buds
- 50 Stitch
- 51 Unuttered "alas"

DOWN

- 1 Diamond — Brady
- 2 Mentalist
- 3 Two, in Tijuana
- 4 Not tardy
- 5 Croupier's tool
- 6 Before
- 7 UFO passenger, maybe?
- 8 Open the champagne
- 9 Harvest
- 10 Indian woman's garment
- 11 Neighbourhood
- 13 Distort
- 19 Diplomacy
- 20 "Be quiet!"
- 21 Stentorian
- 22 Addict
- 23 Pitched
- 25 Spoofs
- 26 Send forth
- 27 Memorandum
- 29 Heal, as a fracture
- 31 Part of MPH
- 33 Soft palate extensions
- 34 Harness parts
- 36 English river
- 37 Horse's neck hair
- 38 Vacationing
- 39 Benedict XVI, e.g.
- 40 Captain's squad
- 43 Raw rock
- 44 Japanese pond carp
- 45 Work unit
- 46 To the — de-gree

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	4	8	2	1	9	5	3
2	5	9	4	3	6	7	8	1
8	3	1	9	7	5	2	6	4
3	6	7	2	1	8	4	9	5
1	4	8	5	6	9	3	2	7
9	2	5	3	4	7	8	1	6
7	8	3	1	5	2	6	4	9
5	9	6	7	8	4	1	3	2
4	1	2	6	9	3	5	7	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Lamb Steaks Provençale

INGREDIENTS:

- 2 tbsp (25 ml) olive oil
- 1 large red onion, diced
- 1 green pepper, diced
- 2 zucchini, diced
- 1 small fennel bulb, chopped
- 2 garlic cloves, chopped
- 4 tsp (20 ml) herbes de Provence
- 4 lean lamb leg steaks, 4 large plum tomatoes, diced
- 2 tbsp (25 ml) black olive tapenade

METHOD:

1. Heat oil, reserving about 2 tsp (10 ml), in deep frying pan and add onion, pepper, zucchini, fennel, garlic and herbs. Cook over medium heat, stirring occasionally, 10 minutes or until softened

and lightly browned. 2. While vegetables are cooking, brush lamb steaks lightly with remaining oil and season lightly. Cook, turning once, on hot ridged griddle or heavy-based frying pan 5-8 minutes, depending on thickness, until slightly pink in centre. Remove from heat. 3. Add tomatoes and tapenade to vegetables, then simmer 3-4 minutes or until softened. Add lamb steaks to vegetables, then serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



If you change your mind about something today you will most likely change it back again before the end of the week, so why change at all?

LIBRA

SEPT 23-OCT 23



Make sure that facts and figures add up today, because someone could be trying to trick you — and you could lose some serious money.

TAURUS

APRIL 21-MAY 21



Watch what you say over the next 24 hours. If you do go too far and use provocative words, apologize the moment you come to your senses.

SCORPIO

OCT 24-NOV 22



Be careful who you poke fun at today because the planets warn you could offend someone who has the power to make life difficult for you.

GEMINI

MAY 22-JUNE 21



You can quite easily wriggle out of what you are expected to do today but you won't be popular with people in positions of power.

SAGITTARIUS

NOV 23-DEC 21



You don't seem to be much in the mood for work as the new week gets under way, but that's okay. If a task bores you then don't force it.

CANCER

JUNE 22-JULY 22



Flattery will get you everywhere today except the one place you most want to go. For best results, be honest with colleagues and loved ones alike.

CAPRICORN

DEC 22-JAN 20



Everyone seems to have an opinion about what you are up to and, mostly, why you are doing it wrong. Ignore them all. If it works for you, go for it.

LEO

JULY 23-AUG 23



You'll feel the need to clear the air today, if only to start the week on the right note and let those around you know you don't intend to take prisoners.

AQUARIUS

JAN 21-FEB 18



You would be wise not to change your ways just because others expect it of you. Besides, the inner you will never really change.

VIRGO

AUG 24-SEPT 22



The best way to deal with criticism is to ignore it. You may be tempted to hit back at someone's snide remarks but what's the point? Let it go.

PISCES

FEB 19-MARCH 20



Be totally truthful when dealing with others today, even if it means upsetting your friends or putting your standing on the work front in jeopardy.

This day in history

1959: General Charles de Gaulle, President of France, declares in a speech in Strasbourg his vision for a "Europe, from the Atlantic to the Urals."
1963: The BBC broadcast the first ever episode of Doctor Who, starring William Hartnell, which would become the world's longest science fiction drama to date.
1971: The representatives of the People's Republic of China first attended the United Nations, including the UN Security Council, as China's representatives.
2005: Ellen Johnson-Sirleaf, elected president of Liberia, is the first woman to lead an African country.

METRO NEWS SERVICES

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